

Knowledge Organiser: PE Orienteering (OAA-Outdoor Adventurous Activities)

What is Orienteering?

Described as “running while playing chess” and is a competitive sport in which runners have to find (navigate) their way across rough country with the aid of a map and compass. The history of orienteering begins in the late 19th century in Sweden, the actual term "orienteering" (the original Swedish name for orienteering, lit. "orientation") was first used in 1886 at the Swedish Military Academy Karlberg and meant the crossing of unknown land with the aid of a map and a compass.^[14] In Sweden, orienteering grew from military training in land navigation into a competitive sport for military officers, then for civilians. Sweden top the gold medals list at World championships. Orienteering has so far been unsuccessful despite efforts since 1996 at becoming an Olympic sport.

Key Skills	Rules and Tactics
<p>1.The first thing you must do when map reading is to orientate your map (move it around) so it is the correct way around to where you are facing.</p> <p>2.You then need to observe the surroundings before looking for the markings on the map. Once you have identified where you are standing you then find your starting point.</p> <p>3.You need to double check you are at the correct marker before starting because the only way you will successfully complete the course is by getting all answers correct. You usually have to collect one answer then return to the teacher before moving on to the next.</p> <p>4.Team work is key when completing an orienteering course as</p>	<p>Orienteering requires physical fitness, skill in map reading, mental alertness and decisiveness. Orienteering teaches you to assess, understand and "read" the school site you are working in.</p> <p>The main aim of orienteering is to complete the course(s) correctly in the shortest amount of time, although it is based on map reading it is also a test of your physical fitness. You must find all the points that are placed on the map and record them on your sheet. Consider the ground you are moving over ensuring your safety at all times.</p> <p>A major tactic is to use is your pace. As you are competing with the other people in your group. You must make sure you don't sprint off too quickly so that you are too tired to keep</p>

<p>you will be working in pairs. You must communicate and discuss every decision before moving and navigating to the next cone. Mistakes can easily be made through poor communication.</p> <p>5.As orienteering involves running, cardiovascular fitness is key as you will be running for a long period of time. To train for this, continuous training is useful as well as fartlek training (over different terrains at different speeds)</p>	<p>the pace up. If you take it steady the whole way- a jog and not walk- this tactic will help you to be successful.</p>
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<p><u>Stretch and Challenge Task</u></p> <p>Visit www.britishorienteering.org.uk and find where your nearest course for beginners is and the club that is based there.</p> <p>To improve your orienteering develop your fitness by running regularly in your free time.</p>	<p><u>Key Content and Terms to learn</u></p> <p>Navigation; decision making; communication; cardiovascular fitness; speed; co-operation, orientation; map reading; observation; pace judgment; team work; safety and mental alertness.</p>
<p>Websites Orienteering for beginners https://www.youtube.com/watch?v=OZOI9kKuA4I</p>	<p>Websites How to use a compass https://www.youtube.com/watch?v=0cF0ovA3FtY</p>



